Enjoy a Rest from Cooking

LIPTON'S COOKED MEATS FOR EASTER:

Sliced, per lb.

Cooked Ham	1/6
Jellied Veal	1/6
Luncheon Sausage	6D
Corned Beef	8D

Finest Selected **NEW LAID EGGS** now only **1D each**

Get in a good supply at this low price.

For the Sweet Course

Table Jellies 3D *Various Flavours* pint pkt.

Pure Cream 4½D *Rich and Delicious* per tin

Custard Powder 3D *Finest Quality* per 6-pint pkt.

Dessert Fruits

All your favourite kinds, in rich syrup. Served with Lipton's Pure Cream they provide a delicious sweet which everybody will enjoy, with no trouble of cooking.

LIPTON'S *for QUALITY*

LIPTON LTD., TEA PLANTERS, CEYLON.
BRANCHES AND AGENCIES THROUGHOUT THE WORLD

"You have an admirable cook, yet you are always growling about her to your friends."

"Do you suppose I want her lured away?"

Aberdonian (sitting down to tea): "What's this, Lizzie? Ma goodness, is it dug biscuits?"

His Wife: "Aye, it's dug biscuits. The dug wis run owre this forenoon."

A Woman's View

"Brighter Y.W.C.A."

Burdon Road Huts' Improvement

VISITORS to the Y.W.C.A. Huts in Burdon Road, on the occasion of the annual meeting of Sunderland branch, were agreeably surprised to find several alterations and improvements had been made to the buildings.

The legacy left by Mrs E. P. Richardson enabled a long-standing improvement to be made—the reflooring of the dance room. So many dances are held in the huts from time to time, that this was an absolute necessity.

A more striking addition, however, are the new cane chairs, in a bright orange to match the curtains, a very cheerful touch.

There are no end to the activities of the Association apparently. The weekly attendance is 340, which includes several married women.

One of these, Mrs P. Haswell, was the recipient of a presentation by Coun. Mrs E. E. Bell, the chairman, on behalf of the members, on the occasion of her leaving the town.

* * *

IF you have any fresh eggs for disposal prepare to part with them now! Send at least one to swell the great collection which is being made on behalf of the hospitals in Sunderland.

Mrs Waugh tells me that up to last night 9,111 fresh eggs had been collected in the various depots and at the hospitals.

This may seem a big number, but it may be as well to remember that Sunderland Royal Infirmary alone preserves more than that number in the year

* * *

SUNDERLAND Teachers' Dramatic Society is making its first appearance for charity when a play, "These Pretty Things," will be given in St. Benet's Hall, Roker Avenue, next Tuesday and Wednesday.

Both performances are in aid of Monkwearmouth and Southwick Hospital.

* * *

VISCOUNT FITZHARRIS, only son of the Earl and Countess of Malmesbury, is to marry the Hon. Diana Carleton, elder daughter of Lord and Lady Dorchester, it is announced to-day.

Viscount Fitzharris, who is 24, is a lieutenant in the 5th/7th Battalion (T.A.) Hampshire Regiment.

Miss Diana Carleton was born in 1912. Her home is Greyhill Hill, Basingstoke, Hampshire. Her father served in South Africa (he was present at the relief of Kimberley) and also in the Great War.

* * *

MR ROLAND JENNINGS, M.P., will present the prizes at the whist drive and dance in connexion with Southwick Carnival Fund in Southwick Assembly Rooms to-night.

The Carnival, it will be remembered, is in aid of the Monkwearmouth and Southwick Hospital Endowment Fund.

Miss Gadabout

Mothercraft Hints

A Progressive DECLINE in INFANT MORTALITY

EAGERNESS for her baby to make progress is natural to every mother but it sometimes leads to undue strain being imposed on the baby's powers, physical or mental.

In the matter of walking, for instance. It is impossible to state the age at which any child is ready to bear his weight on his feet and take steps.

It all depends on the condition of the baby's muscles, his nutrition and his degree of nerve control.

Some children learn to walk at ten or eleven months; others do not try to walk until they are 12 or even 14 months old. The dangers of urging a child to walk are increased if he is of the over-excitable or nervous type.

The best thing to do is to be sure that the baby is in sound health and then let him attend to it by himself.

He will instinctively draw himself up by the bars of his crib or attempt to stand upright with the aid of a chair as soon as he feels strong enough to do so. Walking will then come naturally and easily.

* * *

THE progressive decline in infant mortality and the rise in the standard of the health of present-day children compared with the less fortunate ones of a quarter of a century ago are things for which all mothers should be thankful.

Many factors have contributed to this improvement. For one thing the opportunities of mothers learning proper methods of feeding, clothing and generally rearing children hygienically have been, and are, increasing at an astonishing rate.

The Press of this country has, perhaps, acted as one of the greatest educational influences, for it penetrates to millions of homes which cannot be reached through any other effort.

Again, science has immeasuraby improved most of our foods, making them purer and of greater nourishing value—and mothers have gained wisdom, as well, in the proper choice of foods.

* * *

A NOTABLE instance of this improvement in food standards was quoted by Dr Eric Pritchard, Medical Director of the Infants Hospital, London, in a recent lecture.

"There can be no question," he said, "that the enormous drop in the infant mortality rate which has occurred during the last 25 years in this country is to quite a considerable extent due to improvements in the standard of the cleanliness of milk sold, whether raw, pasteurized or dried."

Dr Pritchard advised mothers that, if milk had been left about in the home for some time so that bacteria had had an opportunity to multiply, the ways to ensure safety are either to scald the milk—that is just to bring it to boiling point—or to heat it to a temperature of 145 degrees Fahrenheit for 40 minutes.

This latter method is what is known as pasteurization, and practically all the milk sold in London and in certain other large centres of population is pasteurized by this scientific method before it is delivered to customers.

"It is often stated that the pasteurization, sterilization, or boiling of milk, deprives it of its nutritive qualities," added Dr Pritchard. "The nutritive constituents of milk are not in any way interfered with by heating, with one notable exception, vitamin C.

"But since it is nowadays an invariable custom to provide a supplementary supply of this vitamin in the form of orange juice or some other fruit or vegetable juice this is of very little practical importance."

* * *

IT is remarkable that the human being's instinct towards self-preservation should be so weak where the question of choosing the right kind of food is concerned.

Under modern conditions of life the vitamins necessary to a well-balanced diet are often unintentionally omitted, or consumed in insufficient amounts.

Vitamin A is especially necessary in the diet of children for it is the great aid to growth. Green grasses have been proved to be the origin of vitamin A in dairy products, and experiments both in Britain and America show that the milk from grass-fed cows contains twice as much vitamin A as that from stall-fed cows.

This is most important guide to us.

The unaccountable belief that cheese is unsuitable for children is rapidly dying and it has come to be recognized as a nourishing ingredient for many appetizing dishes for children above the age of three.

* * *

EASTER holidays are at hand and in many homes they will be punctuated by the question, "What can we do next?" The child at school lives such an ordered life: he knows what to expect, hour by hour, throughout the day, and even his free time is organized.

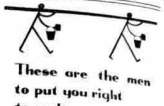
The freedom of the holidays finds him unprepared and, perhaps, a little disconcerted at having to amuse himself unaided.

Many parents look to the kinema and other amusements outside the home to occupy their children's attention.

But the child who spends so many of his days at school should be encouraged to find interests that develop his appreciation of the home.

Hobbies for the boys and an interest in things domestic for the girls should be encouraged. The home teaching and outlook must dovetail with the school's in order to produce the happy, successful child.

A new Reslaw model tam in black hand-plaited straw, threaded with contrasting silk and trimmed with posy of flowers.



These are the men to put you right to make your home so nice and bright—the men who decorate with

HALL'S DISTEMPER

Sole Manufacturers: Sissons Bros. & Co., Ltd., Hull & London.

Obtainable from: *The Avenue Paint Works Co., Ltd., Garrison Field, Sunderland.*

PAY as you SLEEP

FULL-SIZE SOLID OAK BEDSTEAD AS SHOWN

Complete with SPIRAL SPRING MATTRESS, HEMMED MATTRESS PAD, HYGIENIC WOOL OVERLAY, FEATHER BOLSTER and TWO FEATHER PILLOWS

No Deposit 2/- Per Week

FREE WITH THIS OFFER: 1 Pair All-Wool Blankets or 1 Eiderdown or Satin.

or £6-19-6 Cash.

PALMERS

St. Thomas Street Store SUNDERLAND

ENTERTAINMENTS TAX

Major Walter Elliot, Financial Secretary to the Treasury, received a deputation from West End theatre managers, provincial theatre managers, and the Variety Artists' Federation, who urged that in any Budget review of the Entertainment Duties consideration should be given to the position of the theatres, especially to the large share of attention at present borne by the dear seats.

You say . . . "I hate washing-up"
but you mean "I hate grease" . . . yet
you can now destroy grease utterly

...SPARKLING GLITTERING DISHES will show you how well!

GREASE! It's really only grease which is the detestable part of washing-up. If you can only get grease out of the way, washing-up won't worry you at all.

So use Carbosil—because it is specially made to make washing-up *greaseless*. Carbosil *dissolves* grease; you won't feel grease in the water or on your hands. No floating scum will settle on the dishcloth or soil your china—Carbosil breaks grease up! Out come the crockery and cutlery bright and sparkling—*really clean and fit to eat off!*

You only need a shake of Carbosil in the bowl—a teaspoonful is enough. Carbosil will not harm your hands, either. Sparkling china and grease-free washing-up for a penny a week!

CARBOSIL

Makes Washing-up GREASELESS

CAR 79-86-60

Why use soda when Carbosil costs no more?

Soda is bulky, wasteful. A whole handful of soda doesn't do as good a job as a teaspoonful of Carbosil, because soda does not have the special grease-dissolving action of Carbosil.

2D PER PACKET

JOSEPH CROSFIELD & SONS LTD., WARRINGTON

PROPER VENTILATION & HEATING

NOTHING is more important for good health than proper ventilation and heating indoors. Instinct is a very good guide whether a room is warm enough, but not as to whether it is the right temperature.

There is a wide difference in ray value between, for example, an oil stove and an electric fire.

The importance of correct heating was stressed the other day by Sir Leonard Hill, the famous physician, who pointed out that certain kinds of fires give out infra-red rays which are valuable to catarrhal people.

Central heating or any other form of steam heating is unhealthy unless there is a steady current of fresh air through the room.

For the same reason gas fires, although giving out infra-red rays, use up an undue amount of oxygen, and cause stuffiness and headaches.

Sir Leonard points out that coal fires give off plenty of the beneficial rays but on the other hand coal in its present state gives off smoke containing unpleasant gases.

There are smokeless fuels on the market, but they do not give the same cheerful glow as ordinary coal and the excellent psychological effect of a coal fire is lost.

Doctors are interested in the claims of a famous inventor, that he has devised a system of refining coal which produces a smokeless fuel that burns with a cheerful glow, and it is expected that much will be heard of this invention in the near future.

It is a very safe rule that the temperature of a room should be kept even and that there should be a steady flow of air.

Electric fires, especially, provide this even temperature and are cheap to run

SOMETHING NEW

CHOCOLATE FINGERS

REALLY high-class dessert biscuits can be made at a cost of less than one shilling per pound from the following recipe:—

Cream,
4oz. of fine sugar,
1 heaped dessertspoonful of cocoa,
The yolk of one egg,
6oz. of sieved flour,
A few drops of vanilla,
¼ of a teaspoonful of baking powder.

Roll out on a lightly-floured board, roughen the top with a fork, brush over with white of egg and sugar or milk and sugar, or if a dull surface is preferred leave it plain.

Prick well with a fork, put on a greased tin and after the edges have been trimmed cut with a sharp knife into small finger-shaped pieces.

Bake in a moderate oven from ten to 15 minutes, taking great care that they do not burn.

Leave on the tin until quite cold, then sandwich with a thin layer of melted chocolate.

Chocolate will melt quite easily if it is put in a saucer and set over boiling water for a few minutes.

28LBS. OF FAT VANISHES

Harley Street specialist approves safe, simple treatment

"Five months ago I saw a Harley Street specialist. I had hurt my back through a fall, and also had arthritis. After examining me he advised me to do. I had been taking Kruschen Salts and that was quite good and he advised me to continue to do. He also wished me to get rid of my fat. I was then 13½ st. This very day month I started the one good teaspoonful of Kruschen in hot water and have taken them every morning since. I am a new woman now. No ache or pain, and never feel tired. I walk anywhere, and am now 11½ st. This is very good, and I am pleased to tell you that my doctor says I am splendidly. I am 58 years of age, had a large family, and now I feel splendid, the surplus fat has gone, and I am most grateful. I am careful to eat potatoes or white bread or pudding. I shall always take Kruschen as I am sure without them my weight would have gone down so much."

24th February, 1932. (Mrs) M.E.S., K

Take a half teaspoonful of Kruschen Salts in a glass of hot water before breakfast every morning. You won't need 4 or 5 pounds a day or anything almost like that, but almost before you realize it—pound by pound disappears. You will also find that Kruschen builds up health, while new strength and energy will come as you are training yourself down to a healthy normal weight. A 1s 9d bottle of Kruschen Salts, which can be obtained from any chemist's, lasts four weeks.

SEASIDE PROFITS

The accounts of the Scarborough Entertainments Department for the nine months ending December 31 last show a net surplus of £4,670, which includes over £4,000 from the New North Bay Pleasure Gardens.

OPERA IN OPEN AIR

Scarborough Corporation is to extend invitations to the Lord Mayor of London, the Right Hon. Sir Maurice Jenks, and the Sheriffs, Alderman P. W. Greenaway and Mr C. H. Wilkinson jun., to visit Scarborough for the first open air performance of "Merrie England."

The opera is to be performed on a stage in the new North Bay Pleasure Gardens in July.

SUNDAY GAMES TEST

The Sunday games battle at Fleetwood was advanced a further stage when there were no withdrawals of nominations for the urban council elections.

The result is that for the first time in the history of the town a ward will be contested on the rights and wrongs of Sunday amusement.

LAST-LETTER JOKE

Miss Mabel Isabel Owens (25), of Kendal, was in bed writing a joking letter to her fiance, who was on his way home from Australia to marry her, when she died from choking.

At the inquest to-day the coroner read an extract from the letter which stated: "No one is dead yet."

A verdict of "Death from natural causes" was returned.

DUKE OF GLOUCESTER

A War Office notice in the "Gazette" says that "the following relinquishes his appointment:"

"Captain H.R.H. the Duke of Gloucester, Earl of Ulster, K.G., G.C.V.O., 10th Personal A.D.C. to the King, staff captain, 2nd Cavalry Brigade, 14th March, 1932."

CHAPLAIN NOMINATED

The Rev. Cornelius Stewart Mackay, chaplain to H.M. Forces at Preston, has been nominated to the benefice of St. John's, Yeadon, in succession to the Rev. H. Sutcliffe Hay, who has been preferred to the living of Dollar, Scotland.

Mr Mackay has been with the Forces in Cairo and Alexandria.

Buy British Starch

COLMAN'S STARCH

Manufactured in England

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